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BOOK REVIEWS

The Body and Its Defences. By LUTHER HALSEY GULICK AND FRANCES GULICK JEWETT. Boston: Ginn & Co., 1910. Pp. vii+342. 65 cents.

The Gulick Hygiene Series has been opportune and effective in giving a wholesome turn to this aspect of elementary school work. The two-book series is now completed with the subject of this review. This book is elementary physiology and hygiene combined, but combined in such a way that both are constantly presented. The ordinary topics of the physiologies—bones, muscles, circulation, etc.—are fully treated, but their structure and proper use are constantly made parts of the same discussion.

Photographic illustrations and text examples, both abundant in number, are taken largely from the activities of the home, playground, and industries in which boys and girls are interested. Almost all the text cuts are free from the mass of confusing details sometimes found in elementary physiologies.

The text is direct and simple. Terms that may be new to children are given in a glossary and key to pronunciation. The anecdote method of discussion is used so constantly that the book is well calculated to prove an interesting reader for the pupil.

Effects of alcohol upon the various parts of the body receive attention out of all proportion to that given to other related injurious substances. This doubtless is done in order to meet certain uneducational though worthily conceived laws which relate to this one phase of temperance education. With the statutes as they are in some of the states, probably this phase of the book necessarily is what it is, and it should be said that no one has handled the subject in a better way.

The book and the others of the two sets constitute an excellent series and if faithfully used should help greatly in raising the efficiency of a subject which has often fallen short of its possibilities.

O. W. C.